



# fresh

\$2.00  
OR FREE  
with purchase  
of 100 or more

freshmagazine.com

www.freshmag.com



## On the Go

Everything you need  
for a perfect picnic  
page 16

Great Grilling  
Outdoor cooking,  
unique dishes  
page 22

Cobblers & Fools  
Favorite summer  
desserts  
page 28

Hammaker has a similarly extensive selection of fine wines.\*



Of course, Hammaker wine is as easy as taking a stroll through the Hammaker vineyard, where it's not only cool but also very, very clean.



for the love of food





[View all posts by David Williams](#)

and loved child. You may notice some new faces — some new work for The Pottery Company, a customer communications company that specializes in publishing quality magazines. Between us, we have several decades of professional printing experience, and a lot more.

pleased to bring his fresh magazine. He is very excited about this publication because it came out just two weeks ago. Food and writing. As you know, we love to eat, think about food and share our opinion. Our readers

Be sure to ask magazine editors a sample question like: "How do you think your readers and I can share your thoughts on the French Postbank customer service? Tell us what you like about you (and) like the kind of recipes you write. That way we can have articles and recipes that will interest you."

Plus, we're happy to announce that thanks to our current hip-hop artists, there are now 100,000 more hip-hop artists in the world. And that's a good thing. We're proud to be a part of the hip-hop community, and we're committed to supporting the artists who are making it happen. So, if you're a hip-hop artist, we want to hear from you. Send us your music, and we'll be happy to share it with the world.

[illegible]

In Yukon, we are up to 100,000 people more people from these  
 thousands of people and other great people. You can be sure that we will  
 find and collect the people, as we have never seen and never more.

We've also reserved a special place for future-legged *Flintstones* readers: "Road Lovers" features will include maps of locations and historical anecdotes.

We hope this issue of *Small Business* you enjoy the bounty of summer. America's shared traditions are an important part of life.

2

10. **Landmark:**  
 Found 1800s  
 11. **Landmark:**  
 Found 1800s

Ken

[KAREN KOWALIK](#)  
[KOWALIK KAREN](#)  
[KOWALIK KAREN](#)

**Figure 1**

I could never let my arms near a jerk. Do you think you could make some ropes for clothes on a budget as well as sports and work clothes?

[illegible]

**Like Florida, Texas.** Our goal is to always include budget conscious readers. Starting with this issue, you'll find an entire department that puts interesting recipes in the spotlight. Check out "Meats on Minutes" on page 32 for our quick and easy ideas. And please, keep sending us your comments.

I shop every week at Hannaford. I have created a shopping list for you to use using Hannaford items. I would like to share this with you for publication. Should you be interested?

**Keywords:** *workplace spirituality, organizational commitment, organizational citizenship behavior, turnover intention, organizational trust, organizational identification*

**Editor:** Please, we would *definitely* be interested in your recipe. Summer is a good time to experiment with potato salad. In fact, you have a special place where readers

name please these images. This is both at "Royal  
Lovers: Remakes" on page 10. You'll see that  
it's easy to share your script by creating a  
Twitter account @B&Bconnected.com

Thank you for the *Wastebook* fresh magazine. I pick-up each issue and use it as my home economics classroom. It has great information on types of fruits, vegetables, and herbs, with pictures that I can use with my high school food classes as I prepare them to go on to study food service and plant a career in the food service industry. Because we are in a small town, many students have limited exposure to animals or new foods. Your issue is a bonanza of both for me. Thank you from the bottom of my heart.

1990-1991, 1992-1993, 1994-1995, 1996-1997, 1998-1999, 2000-2001, 2002-2003, 2004-2005, 2006-2007, 2008-2009, 2010-2011, 2012-2013, 2014-2015, 2016-2017, 2018-2019, 2020-2021, 2022-2023, 2024-2025, 2026-2027, 2028-2029, 2030-2031, 2032-2033, 2034-2035, 2036-2037, 2038-2039, 2040-2041, 2042-2043, 2044-2045, 2046-2047, 2048-2049, 2050-2051, 2052-2053, 2054-2055, 2056-2057, 2058-2059, 2060-2061, 2062-2063, 2064-2065, 2066-2067, 2068-2069, 2070-2071, 2072-2073, 2074-2075, 2076-2077, 2078-2079, 2080-2081, 2082-2083, 2084-2085, 2086-2087, 2088-2089, 2090-2091, 2092-2093, 2094-2095, 2096-2097, 2098-2099, 2100-2101, 2102-2103, 2104-2105, 2106-2107, 2108-2109, 2110-2111, 2112-2113, 2114-2115, 2116-2117, 2118-2119, 2120-2121, 2122-2123, 2124-2125, 2126-2127, 2128-2129, 2130-2131, 2132-2133, 2134-2135, 2136-2137, 2138-2139, 2140-2141, 2142-2143, 2144-2145, 2146-2147, 2148-2149, 2150-2151, 2152-2153, 2154-2155, 2156-2157, 2158-2159, 2160-2161, 2162-2163, 2164-2165, 2166-2167, 2168-2169, 2170-2171, 2172-2173, 2174-2175, 2176-2177, 2178-2179, 2180-2181, 2182-2183, 2184-2185, 2186-2187, 2188-2189, 2190-2191, 2192-2193, 2194-2195, 2196-2197, 2198-2199, 2200-2201, 2202-2203, 2204-2205, 2206-2207, 2208-2209, 2210-2211, 2212-2213, 2214-2215, 2216-2217, 2218-2219, 2220-2221, 2222-2223, 2224-2225, 2226-2227, 2228-2229, 2230-2231, 2232-2233, 2234-2235, 2236-2237, 2238-2239, 2240-2241, 2242-2243, 2244-2245, 2246-2247, 2248-2249, 2250-2251, 2252-2253, 2254-2255, 2256-2257, 2258-2259, 2260-2261, 2262-2263, 2264-2265, 2266-2267, 2268-2269, 2270-2271, 2272-2273, 2274-2275, 2276-2277, 2278-2279, 2280-2281, 2282-2283, 2284-2285, 2286-2287, 2288-2289, 2290-2291, 2292-2293, 2294-2295, 2296-2297, 2298-2299, 2300-2301, 2302-2303, 2304-2305, 2306-2307, 2308-2309, 2310-2311, 2312-2313, 2314-2315, 2316-2317, 2318-2319, 2320-2321, 2322-2323, 2324-2325, 2326-2327, 2328-2329, 2330-2331, 2332-2333, 2334-2335, 2336-2337, 2338-2339, 2340-2341, 2342-2343, 2344-2345, 2346-2347, 2348-2349, 2350-2351, 2352-2353, 2354-2355, 2356-2357, 2358-2359, 2360-2361, 2362-2363, 2364-2365, 2366-2367, 2368-2369, 2370-2371, 2372-2373, 2374-2375, 2376-2377, 2378-2379, 2380-2381, 2382-2383, 2384-2385, 2386-2387, 2388-2389, 2390-2391, 2392-2393, 2394-2395, 2396-2397, 2398-2399, 2400-2401, 2402-2403, 2404-2405, 2406-2407, 2408-2409, 2410-2411, 2412-2413, 2414-2415, 2416-2417, 2418-2419, 2420-2421, 2422-2423, 2424-2425, 2426-2427, 2428-2429, 2430-2431, 2432-2433, 2434-2435, 2436-2437, 2438-2439, 2440-2441, 2442-2443, 2444-2445, 2446-2447, 2448-2449, 2450-2451, 2452-2453, 2454-2455, 2456-2457, 2458-2459, 2460-2461, 2462-2463, 2464-2465, 2466-2467, 2468-2469, 2470-2471, 2472-2473, 2474-2475, 2476-2477, 2478-2479, 2480-2481, 2482-2483, 2484-2485, 2486-2487, 2488-2489, 2490-2491, 2492-2493, 2494-2495, 2496-2497, 2498-2499, 2500-2501, 2502-2503, 2504-2505, 2506-2507, 2508-2509, 2510-2511, 2512-2513, 2514-2515, 2516-2517, 2518-2519, 2520-2521, 2522-2523, 2524-2525, 2526-2527, 2528-2529, 2530-2531, 2532-2533, 2534-2535, 2536-2537, 2538-2539, 2540-2541, 2542-2543, 2544-2545, 2546-2547, 2548-2549, 2550-2551, 2552-2553, 2554-2555, 2556-2557, 2558-2559, 2560-2561, 2562-2563, 2564-2565, 2566-2567, 2568-2569, 2570-2571, 2572-2573, 2574-2575, 2576-2577, 2578-2579, 2580-2581, 2582-2583, 2584-2585, 2586-2587, 2588-2589, 2590-2591, 2592-2593, 2594-2595, 2596-2597, 2598-2599, 2600-2601, 2602-2603, 2604-2605, 2606-2607, 2608-2609, 2610-2611, 2612-2613, 2614-2615, 2616-2617, 2618-2619, 2620-2621, 2622-2623, 2624-2625, 2626-2627, 2628-2629, 2630-2631, 2632-2633, 2634-2635, 2636-2637, 2638-2639, 2640-2641, 2642-2643, 2644-2645, 2646-2647, 2648-2649, 2650-2651, 2652-2653, 2654-2655, 2656-2657, 2658-2659, 2660-2661, 2662-2663, 2664-2665, 2666-2667, 2668-2669, 2670-2671, 2672-2673, 2674-2675, 2676-2677, 2678-2679, 2680-2681, 2682-2683, 2684-2685, 2686-2687, 2688-2689, 2690-2691, 2692-2693, 2694-2695, 2696-2697, 2698-2699, 2700-2701, 2702-2703, 2704-2705, 2706-2707, 2708-2709, 2710-2711, 2712-2713, 2714-2715, 2716-2717, 2718-2719, 2720-2721, 2722-2723, 2724-2725, 2726-2727, 2728-2729, 2730-2731, 2732-2733, 27

**REL:** We appreciate your kind words and we're glad to offer your students a clean environment with our great food. Teachers and other group leaders are invited to contact the manager of their local Marriottswood to arrange a "Behind the scenes" tour for their students.

1. **Use your in-store local magazine.** It's especially handy to have the coupons printed on individual newspaper cards. Ring up the good work!

**Abstract**

**Take it to the next level!** You'll find more of these useful recipe cards for a variety of fishes using Flavored Infusions, printed in *Check out the special pulled sections beginning after page 10*. They're also available in all *Homebased* issues.

Would I ever be able to hear from you?

Flower-pressing isn't just a hobby; it's a passion. To help fellow enthusiasts, we've compiled a list of online resources, books, and magazines. For more information, visit [www.flowerpressing.com](http://www.flowerpressing.com) or contact the author at [flowerpressing@earthlink.net](mailto:flowerpressing@earthlink.net).

## features

16

## PICNIC PRIMER

We break down great meals to take on the go. From meat-and-a-herbage sips and salad sensibly to sandwich preparation, we've got your summer picnic covered.

By Kimberly Myles



22

## GET READY, GET SET, GET GRILLING!

Tie the season to fire up your grill and get cooking. Whether it's scallops, burgers, steaks or vegetables, everything tastes better when infused with the outdoor flavor of grilling.

By Tina Miller



28

## COBBLERS, CRISPS, SLUMPS, AND FOOLS

Take advantage of our fresh produce including apricots, strawberries, and oranges, and celebrate summer's bounty with four classic fruit desserts.

By Ellen Hedman



## departments

## 5 FOOD FOR THOUGHT

We offer ideas to inspire both everyday meals and special occasions entertaining in the meat, eat, gobs, necessary, flowers, great gadgets, space, info, and more.

## 9 ASK THE EXPERT

Seafood Category Manager Tony Hesterman answers your questions about selecting and preparing crabs from the sea.

## 10 FOOD-LOVERS' FAVORITES

Two Hummels associates share their favorite recipes, including grilled swordfish and honey salad with hazelnuts.

## 13 ASPIRATIONS

Hummel introduces new and easy food made using a revolutionary technology.

## 21 INSPIRED THOUGHTS

We've got questions about our Hummel Inspiration line, and we've got answers.

## 32 FOR YOUR HEALTH

Gluten-free or dairy-free diet? These recipes are designed to please everyone.

## 35 MEALS IN MINUTES

Quick recipes and interesting tips make for a quick, delicious summer feast.

## 38 WINE WORTH DISCOVERING

Our Fine Wine Taster suggests wines to complement favorite summer foods.

©2011 Hummel of America, Inc. All rights reserved. Hummel of America, Inc. is a registered trademark of Hummel of America, Inc. All other trademarks are the property of their respective owners.

ON THE COVER: Fresh green bruschetta and red bell peppers add crunch and color to the perfectly caramelized beef steak. Photograph by Scott Peterson.



## Italian Ice Grows Up

**Host morphology:** The 100- by 60-cm female slugs are paper-white. Mated webs favored showed no Indian var. when fern-feeding was in its usually a harmless cousin of the species, as is common of Indian leaves: conspicuous yellow and white.

**Figure 6**

Even though gelato is often considered an "ice cream," it's made with less air and less cream than the traditional version of ice cream. Gelato also contains less fat, but it's still a dense, rich, extremely flavorful frozen dessert.

Healthier for Maximum Inspiration, please make with ingredients imported from Italy in the finest factories in five distinctable flavors: Milk Chocolate Chip (with milk, cream, and chunks of premium dark chocolate), WM Dark Cherry & Marshmallow Chocolate (peaches blended with premium dark chocolate), Dark Chocolate (chocolate and almond),

all cherries and so-called "Vanilla"  
 honey and molasses with a hint of vanilla  
 bean) and Raspberry White Chocolate (red  
 ripe raspberry streaked with Italian white  
 chocolate — cool, tart and sensual).

[illegible]

Softshells indeed possess softness in all about the fibrous trait. Softness may be related to American shurite, but the two have some important differences. Unlike shurite softness we say made with a shiny product — just lots of long fibrous with finely ground for. For these light, softening means between heavy content of a medium-size small or even less than a dozen or more.

Test II Find Homestead Inexpensive software in the lowest ratings as which, ing Laurus (with the tongue-twisting use of Latin, where leonard and Pink-Capitaine, always and fresh, sweet and tangy — not for the faint of heart).

For the  
Whole World

A. Simple way to find it great bottle... that's what our **Wine of the Month** selection is all about. Our experts taste hundreds of wines from around the world and handpick their favorites. In the next six to eight weeks, we'll introduce you to a new wine each week. **WOTM** is a fantastic way to explore new wines — just \$20 a bottle.

Come discover this month's delicious gems perfect for sharing with family and friends. - but come early, cause when these angels show up, they're gone!

[illegible]

There's always something happening at Hennessey: new products, store remodels – and now store openings. Catch up on the latest Hennessey.com/newsroom.

There are a handful great reasons to visit Lowell, Mass. as outlined to you here along with:

**Robert Lowell**  
For example, the  
Lowell National  
Historical Park tells  
the story of the railroad  
- the birth of the working  
class. And during the last  
weekend in July, this historic  
city on the Merrimack River  
hosts the country's largest  
free folk festival, with an inter-  
national line of performers and  
a unique atmosphere.

After the initial period for construction of the new plant, the company will be able to produce 100,000 units per year.

- **Alton** MA
- **Bridgton** ME
- **Hamden** CT
- **Kingbury** NY
- **Lead in Green, Calif.** 1995



## Fish out at Water

If you've ever struggled to serve delicate fish on the grill instead of in a fish boat, there's a better way. A bright, **all-natural cedar plank** makes a perfect platform for grilling seafood. The plank keeps the fish securely in place over the coals and helps retain more juices while imparting a subtle, delicious flavor.

To use a plank, soak it in water (you may need to weigh it down with a weight) for at least an hour before placing it on the grill. Soak reduces the chance that the plank might burn. Then place the plank on the grill, and lay the fish on it. There's no need to oil the fish or to oil the plank. Simply oil both and allow it to smoke over the plank. Have a spray bottle of water handy to use the wood shavings it creates as it burns (all it creates is a smolder — this is what gives the fish extra flavor).

Cedar plank is perfect for grilling on cedar (or cedar-like) bass, halibut, salmon, and shrimp, but poultry, pork, lamb, and vegetables also fare out well, as do anything, really, under the grill. Marinated steak out the recipe for Cedar-Crusted Salmon at [www.fishbase.com](http://www.fishbase.com), and look for 10 cedar planks in our Seafood Department.



## [THERE'S THE RUB]



**Char Grilled Seasoned Garlic Pepper Seasoning**  
 Adds up-the flavor of charred garlic, lemon, and veg. goes with a rubbed up combination of roasted garlic, fresh cracked peppercorns, a touch of Worcestershire and several spices.



**Manhattan Old-Fashioned Must to Rub**  
 Enriches and softens delicious mixture of cracked peppercorns, garlic and mustard. Perfect for burgers, steaks, chops, or any meat (see grill, too), or fish.



**Manhattan Bar-B-Q Spice Rub**  
 A Texas favorite. Manhattan's smoky blend of barbecue spices brings out the great taste of barbecue with a helping of southern soul's smoky flavor.



**Manhattan All-Purpose Barbecue Seasoning**  
 Tastes Manhattan City's No. 1 seasoning choice. Award winning and all-natural. The best-seller in 10 BBQ flavor to suit ribs, fish or any meat.



**Manhattan Brothers Manhattan Must Seasoning**  
 Discover the award-winning taste of 100% South Jersey all-natural and guaranteed to suit up any meat dish.

Manhattan Old-Fashioned Must to Rub is not gluten-free.



## A Hint of Rosemary

There's no more to be said about rosemary. Rosemary steams and infuses a herb-infused flavor to your dishes. The rosemary grilling technique is a welcome complement to lamb, shrimp, and chicken and it also pairs well with other seafood and vegetables.

Rosemary steams are available in the Rosemary Brochure. Once the first year-round, and more wonderfully delicious steams that are broiled or cooked on an indoor grill. Soak the steams in cold water for about an hour to prevent them from burning. For more it's easy to roast the steams, just place the steams in a pan with the tip of a metal skewer to create an opening for the steaming. This is the typical grill is used. Then to prepared for compliments.







# Fish Stories

Hannaford's seafood longfish has some fresh answers about the treasures of the sea

BY CAROLYN FINE FOR PHOTOGRAPH BY DAVID KURTZ

**S**eafood is especially tasty to the consumer when we want lighter fare! Our fish area spoke with

**Terry Harrison**, whose job as Seafood Category Manager puts him in charge of the seafood Department at all Hannaford stores. Here's the knowledge that Terry can help us bring home, and cooking seafood.

## Buying Seafood

**First things first: How can I tell what fish is fresh?**

It should look and smell fresh. For example, haddock or cod fillets should have a very strong white or yellowish-pinkish edge or sometimes smell. You can't taste that fish.

**What is the difference between fresh and previously frozen seafood?**

It's the way the product is caught and handled. When long-line fish is caught, the whole fish is immediately cleaned and frozen within two hours on a big processing ship. The frozen fish is brought into Portland, Maine, and when it is ordered by the store, it's thawed and goes into fillets. That cold-water fish has been and has never frozen. On the other hand, a codfish here caught in the beginning of a 12-day fishing trip. There is a lot more to ship it to the retail store. So really, which is fresher?

**What is the difference in flavor between wild and farm raised?**

Farm raised fish are consistent in size and flavor because they're raised in a controlled environment. Wild fish eat a different diet at the ocean, so the flavor will vary a bit.

Many people are concerned that fish farming might be harmful to the environment. What's your position?

There's a lot of bad information out there and not enough accurate studies to demonstrate that impact. Fish is good for you.



**What are the risks of wild? Any possible negative aspects of farming are outweighed by the health benefits of eating fish and having a plentiful supply for consumers.**

**Which item that does Hannaford carry? Shrimp, salmon, and tilapia are big sellers and we also offer catfish. There are the only species raised in enough volume for farms to be experimenting with other varieties.**

**What will give me the best value, fillets, steaks, or a whole fish?**

They will give the most for your money with fish fillets.

## Storing Seafood

**On sunny days, my cat heats up while I sleep. To make sure my seafood doesn't become a spoiled situation, I've considered keeping an incubator bag with an ice pack in my car. Is that so viable or compatible?**

Somewhere in between? If your car's heater is less than a half-hour away from you, it's still an idea. If it's longer, just ask and we'll gladly give you our car for your bag.

**How long will fish stay fresh in the fridge?**

We recommend refrigerating fresh fish no longer than 24 hours. If you know you want to eat it the next day, freeze it.

**Do some fish keep better than others?**

Some fish do hold up better, like salmon, swordfish, and tuna.

**What if it's previously frozen?**

Yes, freezing is no problem, just make sure to defrost it in the fridge or a microwave, not on the counter at room temperature.

## Cooking Seafood

**What is a good fish to introduce to a family that lives on chicken and burgers?**

Start with a mild fish like swordfish on the grill—a milder people think of a steak.

**Restaurants serve tuna cooked very rare. How rare can I cook tuna at home and be sure that it's safe?**

We advise people to cook everything to 140°F.

**How long will seafood leftovers keep?**

Two or three days, really. ■

# Kitchen to Kitchen

Sharing recipes — and enthusiasm for food — brings readers together

BY KAREN ENGLISH

Is a request every cook loves: "Would you give me your best recipe?" And because good cooks are typically generous, they're happy to oblige. If you're faced with that nagging favorite recipe as a great way to build your reputation of delicious dishes, "Food Lovers' Favorites" will become one of the first sections you turn to at work.

This new department is dedicated to all those generous good cooks who are thoughtful shoppers and masterful. "Food Lovers' Favorites" is a place where readers can share recipes, insights about food, and the fun of being creative in the kitchen.

We hope you'll want to contribute your own favorite recipes. It's easy — just email [foodlovers@kitchentokitchen.com](mailto:foodlovers@kitchentokitchen.com). For this issue, **Bonny Koss** and **Lisa West** are members of the Kitchentokitchen family who clearly love cooking and eating, offer some of their favorite recipes.

## Bonny Koss Sharing Wonderful Food

Like many good cooks, Bonny eagerly anticipates that first day of one of her cookbooks. "The most important thing about cooking is not to make immediate gratification," he explains. "You can taste for yourself, or see it in the eyes of your guests as they taste the food you've prepared and you know almost immediately that you've done a good job."

Bonny is especially excited to be the guest of honor. As *Living Supremacy in the Forest Avenue* moves to Portland, Maine, he oversees cooking classes and tries to sample each product.



While most of Bonny's cooking involves using the everyday line, he plans to himself and his partner. David, he looks forward to the change of pace that comes from preparing more elaborate meals for dinner parties and family gatherings. "I prefer cooking for special occasions because it's not what I ordinarily do," he says. "It gives me the opportunity to try special dishes."

Guests also benefit from Bonny's culinary experiments, which can take time for David. "I've always been fascinated with foods from other parts of the world," he says. "I'm especially fond of the cuisine of India."

He loves about ingredients like rice, cornmeal, and various methods for preparing

foods. Bonny turns to his friends. "Don't just read recipes," he advises. "Read the descriptions of techniques and read about the ingredients."

Bonny says studying cookbooks is also a great way to build your familiarity with cooking vocabulary. "I like them cooking to teach students, to show the skills you have built on each other," he says. "Once you've mastered a specific technique, you can apply that to almost anything. If you can master a good chop correctly, you can master a real chop."

With his willingness to learn new skills — and build on them by experimenting — Bonny finds he can consistently turn out delicious meals. He needs. And he says anyone can do the same if they just take the time to improve. "As you gain more skills," he points, "your confidence in using those skills with different foods will increase."

Here are some of the recipe's favorite recipes for a meal that can be done on a casual plate table to a dinner up in the dining room.

## CRAB STUFFED BUNGE LEAVES

Serves 4  
ACTIVE TIME: 15 MINUTES  
TOTAL TIME: 15 MINUTES

1. In fresh omelette
2. Thin omelette
3. Top with or tomato
4. Top, fresh omelette (bunchee)
5. Top, fresh omelette (bunchee) and (bunchee) with a paper (bunchee)

- 24 sundries and garnish with sliced  
leeks 3 to 4 pieces

1 cup potatoes (diced, steamed)

1 Mix 1/2 cup onion, mayonnaise, and salt  
and pepper in a small bowl.

2 Spoon about 1/2 cup of cold mixture  
onto each cooked fish. Top each with a  
sliced grape and a sprinkling of crushed  
potatoes.

3 Arrange the loaves on a platter and serve  
immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
130 CALORIES; 100 CARBOHYDRATE; 120 PROTEIN;  
10-14% (1) TO 14% (2) SATURATED; 10% CHOLESTEROL;  
10% FIBER; 10% FATS

## GRILLED SUMMER VEGETABLES

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES

- 1/2 cup extra-virgin olive oil
- 1 1/2 cups Monterey Jack cheese (soft blend,  
Mild)
- 1/2 cup soy sauce
- 1/2 cup fresh lemon juice (about 1 lemon)
- 1/2 tsp freshly ground black pepper or to taste



- 1 summer squash sliced 1/2 inch thick  
lengthwise
- 1 zucchini sliced 1/2 inch thick lengthwise
- 1 eggplant (about 1 1/2 inch thick) lengthwise
- 2 Brussels sprouts sliced 1 inch thick
- 1 red bell pepper, quartered

1 Prepare the grill. For more on how to do  
this, see "Get Ready Get Go: Get Grilling!"  
on page 22.

2 While the grill is heating, whisk together  
the olive oil, mustard, soy sauce, lemon  
juice, and black pepper until emulsified.  
3 Soak the vegetables with the mustard  
sauce. Grill for 7 to 8 minutes, then flip  
vegetables over, basting with additional  
sauce. Grill another 7 to 8 minutes, or until  
desired level of doneness is reached. The  
summer squash and zucchini will grill more  
quickly than the eggplant, onions, and pep-  
per. Remove to a plate and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
380 CALORIES; 100 CARBOHYDRATE; 10 PROTEIN;  
10% (1) TO 10% (2) SATURATED; 10% CHOLESTEROL;  
10% FIBER; 10% FATS

## GOLDEN COUSCOUS

SERVES 4

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 15 MINUTES

- 1/2 cup chicken or vegetable broth
- 1/2 cup olive oil or finely grated coconut
- 1/2 cup golden couscous
- 1 1/2 cups water
- 1 cup dry couscous

1 Combine broth, oil, water, and  
herbs in a medium saucepan. Simmer over  
medium heat for 5 minutes.

2 Add the couscous, stir, and remove from  
heat. Cover and let sit for 5 minutes. The  
couscous should absorb all the liquid. Use  
a fork to fluff the couscous and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
100 CALORIES; 100 CARBOHYDRATE; 10 PROTEIN;  
10% (1) TO 10% (2) SATURATED; 10% CHOLESTEROL;  
10% FIBER; 10% FATS



## MOROCCAN GRILLED SUMMER SQUASH

SERVES 4

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 2 HOURS 40 MINUTES TO 3 HOURS  
40 MINUTES

- 4 zucchini (about 1/2 inch or less)
- 1/2 cup extra-virgin olive oil
- 1/2 cup lemon juice
- 1/2 cup garlic, minced
- 1 1/2 cups paprika
- 1 1/2 cups ground coriander
- 1/2 cup cayenne pepper (use as much  
depending on desired heat)
- 1/2 tsp salt or to taste
- 1/2 cup freshly ground black pepper
- 1/2 cup chopped fresh flat-leaf parsley
- 1/2 cup chopped fresh dill or to taste

1 Place the fish steaks in a shallow baking  
pan.

2 In a medium bowl, whisk together olive  
oil, lemon juice, garlic, paprika, coriander,  
cayenne, salt, and black pepper until  
completely emulsified. Stir in parsley and  
dill.

3 Place the remaining marinade over  
the fish in the baking pan, and refrigerate  
for at least 2 hours or overnight. Turn  
fish over in pan halfway through  
marinating.

4 Prepare the grill.

5 Grill the fish until the fish flakes  
easily (approximately 10 minutes per inch).



STYLING: JESSICA KAPLAN/STYLING

of Icelandic. Spoon the reserved marinade over the cooked fish and serve immediately.

**ANTHONY'S COMMENTS:** SALMON FOR SUMMER  
EAT COLUMBIAN, DE CARACAS, DE PARIS  
AND DE LOS ANGELES. THIS MARINADE  
WAS MY FAVORITE. IT WAS COMFORTING,  
KIND, FRESH. JO JO JO

### Lisa Wolff: Opening Doors

Lisa Harvey (Lisa Wolff) enjoys trying foods from many culinary traditions. "I love it when cooking can introduce you to a different world," she says. "Food says so much about people and culture. It can speak across all traditions."

Appropriately, connecting people from different places is part of Lisa's job at Harvard. As a Communications Specialist at the main office in Southborough, where she works on the newsletter that keeps members of all Harvard business organizations on company news.

Before coming to Harvard, Lisa worked for a food industry publication that covered gourmet cooking. "That really sparked my passion for food," she says. "I had a chance to travel to other countries to see how foods like specialty cheeses are made. I like learning about the ingredients and seeing them use."

Lisa's parents nurtured her lifelong interest in cooking. "My dad was from Denmark, which has interesting culinary traditions," she says. "And my mom has always emphasized the importance of preparing healthy food."

At home, Lisa and her husband, Casey both cook. Since Casey is a vegetarian, Lisa is excited to get creative with foods like whole grains and beans. The olive oil and soy sauce like her Sunday Stir-fry Salad, which she created after sampling a similar salad at a whole grain conference.

"They had a dish somewhere like mine but without the tomatoes," Lisa says. So she made some changes to suit her taste. "I love the texture of the salad, with the grains and tomatoes and the salty olives and the other ingredients. I like Mexican cuisine cooking in the summer when you don't want to be over the stove and can get flavorful fresh herbs."

Lisa recommends keeping an open mind about combining flavors and improving recipes. "I think to get more confident as a cook, you just take a break and go with what you like," she says. "Don't get overwhelmed by recipes, but think about what you might change to make them more appealing to you. Once you are able to do that it opens so many doors."

### SUNNY SUMMER SALAD

Lisa loves cooking with orange-colored foods, so she looks for Denver Gold tomatoes for this colorful salad. Red cherry tomatoes add more

**ANTHONY'S COMMENTS:**  
SERVED TIME: 10 MINUTES  
TOTAL TIME: 1 HOUR 5 MINUTES

- 1 cup water
- 1/4 tsp. kosher salt, divided
- 1/2 cup golden raisins
- 1 cup cherry tomatoes, cut in half
- 1 cup or more quality mixed beans in liquid
- 1/2 cup finely sliced longhorns and sliced dill pickles (see item 10)
- 1/2 cup golden raisins

about this is in 10 items 10 items

- 1/2 cup golden raisins
- 1/2 cup golden raisins
- 1/2 cup golden raisins

**ANTHONY'S COMMENTS:** Mixed beans and kosher salt for taste

- 1. Put water, 1 tsp. of the salt and peeled barley in a large pot. Bring to a boil then reduce heat to medium. Simmer for 15 minutes. Add barley to water. Simmer for 15 minutes. Drain well and let cool for 12 to 15 minutes, or to room temperature.
- 2. While barley is cooking, combine olive oil, garlic, remaining 1/2 tsp. of the salt, pepper and food stirring to combine well. Toss with tomatoes, olives and onions. Let sit at room temperature for at least a half hour to allow the flavors to merge.
- 3. Add barley, olive oil, tomatoes and onions to mixture. Season to taste with kosher salt and pepper if desired and serve.
- 4. Barley may be prepared 2 or 3 days in advance, stored with 2 Tbsp. of olive oil and refrigerated in a sealed container.

**ANTHONY'S COMMENTS:** SALAD FOR SUMMER  
EAT COLUMBIAN, DE CARACAS, DE PARIS  
AND DE LOS ANGELES. THIS MARINADE  
WAS MY FAVORITE. IT WAS COMFORTING,  
KIND, FRESH. JO JO JO



# Mealtime Solutions in Real Time

Heartland's newest choices are so not the same old convenience food

by Gail Simon

If the term *convenience foods* usually describes your mealtime needs, you have lots of company. Singles and couples without children work long hours, and those with children both work and make sure the kids get from school to soccer in time to pass. With little time to prepare a tasty restaurant meal at the end of a long day, it's no surprise that the demand for prepared foods that can be quickly heated at home has been consistently on the rise.

In the behind-the-scenes world of the food industry, specialists say the category of "home meal replacements" (prepared foods you can pick up at a restaurant or food market, then heat and serve at home) is booming. The term was coined a little more than a decade ago, but the concept of a hot-and-eat meal dates back more than 50 years to the early TV dinners. While the compact tray of frozen Salisbury steak, mashed potatoes, and peas was initially a popular novelty item, these hot-and-serve meals soon developed a following with the convenience advocate (no serious meal for home cooking).

Wiping its change the perception of prepared meals are Tony Rahdman, Director at Heartland's Fresh Food International, and Gail Harris, Category Manager



for Heartland's Prepared Foods. They've been working to develop recipes and sales that are truly tempting alternatives to home cooking. "We would like Heartland to be more of a destination for all kinds of meal solutions, including meals customers might normally see restaurants do," Rahdman says.

Thanks to advances in technology, they are succeeding. This past April, Heartland introduced two new lines of meal solutions: *The Heartland Inspirations Fast & Fresh*.

*Quickies*, too, as does a *Family on the Go* line, new products that enable a complete meal to be packaged, microwave. The

Heartland Fresh line of already cooked meats and sides takes advantage of packaging innovations that increase shelf life without added preservatives. "Whoever said you have to make your lasagna sauce hours could see meal solutions," Harris says. Rahdman agrees. He observes, "These products offer high quality, limited preparation foods that are as easy to tolerate."

## Made from Scratch

All the Heartland Inspirations Fast & Fresh Complete meals can go from refrigerator to microwave to table in about five minutes.

## 6 DELICIOUS DINNERS

The Heartland Inspirations Fast & Fresh

**Crab** line quite nicely includes eight complete meals: Buytime! Miniatures Chicken, Southeast Style Chicken, Teriyaki Chicken, Caribbean Mango Shrimp, Shrimp Scampi, Vegetarian Curry, Teriyaki Salmon, and Andouille Curry Salmon. For other quick meal ideas and new choices, go to [www.heartland.com](http://www.heartland.com).



The latest technology, Hatzis explains, lets Hannaford add more fresh herbs and vegetables and extend the shelf life of the meals. "We can offer a wider, more colorful assortment of prepared vegetables," Hatzis says. With personal packaging, vegetables would not last as long. "We could never do glazed carrots before," she adds.

Hannaford fresh sides and entrees will keep for days in the refrigerator. "You can make up to a liter with frozen (they last so long)," says Hatzis. Flexibility is options, a sales factor — there are 14 entrees and 18 sides plus four family-size entrees. The

double-sized packaging allows for heating, while the measure of a standard entree and sides can be ready to eat or freeze, thus 15 minutes.

Kitchen note: "The mix and match aspect allows a family to sit together without eating the identical meal — the same aspect a restaurant provides."

Prices, however, are significantly lower than restaurant meals, something Babalon felt was important. The Hannaford fresh entrees focus on more familiar, comfort-food offerings and range in price from \$3.29 to \$4.49, and sides are one for \$3.

For Hannaford, inspiration is not in French cuisine, with their custom sauces and preparations. Appeal to a slightly more adventurous palate at \$3.99 for a complete meal. A comparable meal in a casual dining establishment, Babalon says, would cost \$4.99 to \$14.99. "In the market, we want to keep it affordable," he says.

"We care about our customers," Hatzis continues. "We want to give them options. With Hannaford Inspiration! Fast & Fresh, Comfort and Hannaford fresh entrees and sides, we hope we can help ease their busy lives." ■

## HANNAFORD FRESH CHOICES

The recipes for the Hannaford entrees and sides are all new, with quality ingredients you get if you feel like it. Here is a sampling of all that we have to offer.

### Hannaford Entrees

- **Chicken Parmesan:** Breaded topped with a baked-seasoned bread/crispy crust and finished with fresh marinara sauce and Parmesan and Romano cheeses.
- **Alfalfa Meatloaf:** Fresh-ground beef, onions, and garlic, mixed with cheddar and onion sauce.
- **Stuffed Cabbage:** A mix of ground beef, sautéed onion, and onions, topped in fresh cabbage leaves and simmered in a tomato sauce.
- **Pea Noodle:** Fresh beef, potatoes, carrots, onions, and onion, topped in a beef gravy.
- **Eggplant Parmesan:** Slices of eggplant surrounded by a breaded marinara sauce, Parmesan and Romano cheeses, topped with mozzarella and parmesan.
- **Chicken Pot Pie:** Fresh chicken, carrots, potatoes, and peas surrounded by flaky crust, filling, all baked in a flaky puff pastry.
- **Shepherd's Pie:** A classic combination of ground beef, carrots, and peas in a rich beef gravy, topped with fluffy mashed potatoes.
- **Pasta with Chicken and Broccoli:** Lightly seasoned pasta topped with sautéed white meat chicken, broccoli florets, and red peppers.

### Hannaford Sides

- **Glazed Roasted Potatoes:** Hot roasted potatoes, seasoned with garlic and pepper.
- **Glazed Spaghetti:** Seasoned with brown sugar and nutmeg.
- **Yukon Gold Mashed Potatoes:** Fluffy Yukon Gold potatoes, mashed with light cream, butter, salt, and white pepper.

- **Glazed Carrots:** Sauté carrots glazed and seasoned with oil.
- **Creamed Spinach:** Sautéed spinach in a light cream sauce, seasoned with Parmesan and Romano cheeses, with a hint of nutmeg.
- **Vegetarian Meatloaf in Cheddar Sauce:** Fresh beef, carrots, and onions, topped with rich meat sauce with a hint of onion.
- **Beef Pot Pie:** Hot beef, green peas, and onion, seasoned with garlic, tomato, and onion.
- **Poultry Stuffed White and Wheat Bread:** Topped with cheese, onions, and mushrooms, with sautéing.

### Hannaford Family-Size Entrees

- **Beef Stew:** Beef stewed in a hearty sauce, featuring carrots, potato, and chicken, topped with a rich beef gravy.
- **Beef Stew:** Beef stewed in a hearty sauce, featuring carrots, potato, and chicken, topped with a rich beef gravy.





5 *Rumbarry Mayan*  
— recipe by Scott Peck —



# Picnic

We've got your picnic covered,  
from menu ideas to beverage tips, and  
salad assembly to sandwich preparation

## Primer

There's something about eating a meal outside that makes the food taste that much more delicious, whether it's arranged on a beach blanket, a park bench, or a picnic table in your own backyard. It's unapologetic, it's casual, or hog-fall of wrapped goodies, and relax while sharing sandwiches and salads in the warm summer air.

### Pack Your Basket!

If it's going to be longer than one half hour before you can be sure to pack all food in a cooler with frozen ice packs, or those frozen blocks of water to keep your food at the proper temperature. For an easy dessert, finish the meal with fresh fruitcake or cookies.

### Salad Days

Side salads made with peas, potatoes, or beans are perfect picnic foods. They're easy to pack in plastic containers and transfer to paper plates. The salads on the following pages offer a nice balance of starch and veg, while finger-wrap peas add a pleasing touch of green and crunch to the meal salad. Or

chance potato salad is enhanced with cubed red roasted bell peppers and sweet onions and when beans are balanced with the fiery greens of fresh broccolini.

### Meal's at Hand

Sandwiches are among our faves when it comes to hand-held meals. A treat on bread — what's better than that, especially the food packed up for outdoors? Our Deli is filled with sandwiches inspiring options including all kinds of meats and cheeses. More pulled from cold roasted chicken has a nice roasted flavor that goes well with smoky red peppers and crisp herb salad. Cold spaghetti on a crusty baguette. Parmesan

inspired Roasted Peas, plus broccoli the bowl — a sandwich marriage made in heaven. And vegetables and more can be added with layering (roasted eggplant slices wrapped with tomato spread). Feel free to substitute other meaty veggies, spread the advantage of sandwiches is that they're flexible, forgiving and always delicious.

### Thirst Quenchers

In heat to beat the open air appeal of this on picnic beverages like hot lemonade or refreshing iced tea. But don't stop there. For easily incorporable beverage choices, add bottled water, cooled soft drinks or juice boxes to the cooler. (Plan on at least two servings per person for a three-hour picnic.) Almost any beer will complement picnic food, but pilsners, light beers and seltzer also are versatile choices. And for wine, consider a lighter choice, like a chardonnay or a merlot, a dry red or even a pink rose.



SUGAR SNAP PEAS AND ORZO SALAD

## SUGAR SNAP PEAS AND ORZO SALAD

SERVES 4

ACTIVE TIME 20 MINUTES

TOTAL TIME 30 MINUTES

Roast sugar snap peas provides a great base for a protein salad, as well as a pleasing contrast to the crunch of sugar snap peas and the silky sheen of orzo.

### Dressing

- $\frac{1}{2}$  cup light sour cream
- $\frac{1}{2}$  cup reduced-fat mayonnaise
- 1 Tbsp. olive oil
- $\frac{1}{2}$  tsp. kosher salt
- $\frac{1}{2}$  tsp. freshly ground black pepper
- 1 whole lemon,  $\frac{1}{4}$  tsp. lemon juice
- 1 Tbsp. plus 1 tsp. extra virgin

### Salad

- 8 oz. orzo pasta, cooked according to package instructions and cooled
- 1 Tbsp. olive oil
- 1 lb. to 1 package sugar snap peas, cuttings removed, washed and  $\frac{1}{2}$  inch pieces
- 4 scallions, thinly sliced
- $\frac{1}{2}$  cup crumbled, cooked chicken (toasted in the salad dressing above)

1. To prepare the dressing, whisk together all the dressing ingredients in a small bowl. Set aside.

2. Toss the cooked orzo and olive oil in a medium bowl. Add the sugar snap

peas, scallions, and chicken and mix gently. 3. Add the dressing to the mix and mix just the ingredients. Serve immediately or refrigerate until needed.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
100 CALORIES, 120 CARBOHYDRATES, 100 PROTEIN,  
140 FAT (40 SATURATED), 1000 CHOLESTEROL,  
1000 SODIUM, 40 FIBER

## ROASTED PORK PECACCIA SANDWICHES

SERVES 4

ACTIVE TIME 30 MINUTES

TOTAL TIME 35 MINUTES

Take a break from beef and turkey! These sandwiches are a snap to prepare, and they're absolutely delicious. Add some crisp, cold potato chips like a bit of salad in your sandwiches.

- 12 oz. fresh mozzarella, cut into  $\frac{1}{2}$ -inch slices
- 1 1/2 lb. marinated top round triple Pecaccia

- 1/2 lb. marinated tripe or Roasted Pork from the Deli
- 1/2 lb. fresh ground black pepper to taste
- 1/2 cup marinated mushrooms from the Deli

1. Place the sliced mozzarella on paper towels to absorb some of the cheese's excess liquid.

2. Using a sharp boned knife, cut the Pecaccia in half horizontally, creating two thin rounds. Layer the round pork on the bottom half. Then add the mozzarella slices and sliced rounds of ground pepper. Spread the mushrooms on the inside of the top half of the Pecaccia.

3. For the two sides of Pecaccia, top for 1/2 cup each, gently press down the sandwich. Slice the finished sandwiches in half. Place each half into two sandwiches. Wrap each sandwich individually and refrigerate until needed.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
400 CALORIES, 120 CARBOHYDRATES, 100 PROTEIN,  
100 FAT (40 SATURATED), 1000 CHOLESTEROL,  
1000 SODIUM, 40 FIBER

## ROASTED PORK PECACCIA SANDWICHES





**Transfer to food processor.**  
Process until smooth, about 12 to 15 seconds on medium speed, adding extra garlic as completely mixed. Set aside.

**3. Combine** all the salad ingredients in a large bowl and toss with the prepared dressing. Refrigerate until needed.

**3. Before serving,** give the salad a good stir.

**APPROXIMATE NUTRITIONAL VALUES PER SERVING:** 100 CALORIES; 16g CARBOHYDRATE; 10g PROTEIN; 10g FAT (2g SATURATED); 100mg CHOLESTEROL; 1,000mg SODIUM; 10g FIBER.

## WHITE BEAN AND BROCCOLINI SALAD

**SERVES 4**  
**ACTIVE TIME: 25 MINUTES**  
**TOTAL TIME: 25 MINUTES**

Broccolini is also called sweet baby broccoli. It's very versatile because the entire vegetable is delicious (stems and all). This lightly substituted salad can easily be turned into a vegetarian main course and can be prepared a day ahead.

- Dressing**
- 1/2 cup red wine vinegar
  - 1 Tbsp. Handmade Lemon Vinaigrette (20 g/40g sugar)
  - 1/2 cup fresh garlic, washed with the back of a knife
  - 1 Tbsp. red wine vinegar
  - 1 Tbsp. Handmade Lemon Vinaigrette
  - 1/2 cup olive oil, drained
  - 1/2 cup kosher salt
  - 1/2 cup freshly ground black pepper
  - Pinch crushed red pepper flakes

- Salad**
- 1 bunch broccolini (about 8 to 10 lb) cut into 1-inch long pieces
  - 2 1/2 to 3 cups cannellini beans, drained and rinsed
  - 1 red bell pepper, chopped
- 1. Put** all the dressing ingredients in a

## GREEN EGGPLANT WRAPS

**SERVES 4**  
**ACTIVE TIME: 20 MINUTES**  
**TOTAL TIME: 20 MINUTES**

Wraps are perfect picnic fare. Take advantage of the fresh and cooked eggplant slices available at Hannafords this summer to build a superb vegetable wrap. Sun-dried tomato hummus adds an extra kick of flavor. Use regular hummus as also delicious.

- 2. Large flour tortillas or roll-up breads** (7 1/2 to 10 inches in diameter)



- 1/2 cup hot dried tomato hummus
- 1/2 cup shredded fresh cheddar
- 1/2 cup Handmade Lemon Vinaigrette
- 1/2 cup kosher salt
- 1/2 cup freshly ground black pepper
- 1 Tbsp. Handmade Lemon Vinaigrette
- 1/2 cup fresh eggplant, sliced and black olives
- 1/2 cup freshly ground black pepper

**1. Place** two 12 by 12 inch squares of foil or waxed paper on your work surface. Place a tortilla on each square.

**2. Divide** the hummus between the two sections, spreading it in the center of the bread. Layer a 1/2 inch layer of the eggplant on the wrap. Continue building the wrap by dividing the shredded fresh cheese, olives, salt and black pepper between the two tortillas.

**3. Double** roll the dressing on each wrap then roll with the eggplant slices.

**4. Fold** in the sides of the bread. Then roll from the bottom up to make a neat closed wrap. Wrap each sandwich tightly in the foil or waxed paper. Refrigerate until needed. To serve, cut each wrap in half.

**APPROXIMATE NUTRITIONAL VALUES PER SERVING:** 100 CALORIES; 10g CARBOHYDRATE; 10g PROTEIN; 10g FAT (2g SATURATED); 100mg CHOLESTEROL; 100mg SODIUM.

## GREEN PEPPER AND GREEN POTATO SALAD

**SERVES 4**  
**ACTIVE TIME: 20 MINUTES**  
**TOTAL TIME: 20 MINUTES**

This fresh salad is a fresh alternative to mayonnaise-based salads and it can be made a day ahead and refrigerated until needed.

- 1/2 cup Handmade Lemon Vinaigrette
- 1/2 cup, extra virgin olive oil, drained
- 1 medium green bell pepper, sliced into thin, 1/2 inch long strips
- 1/2 cup kosher salt
- 1/2 cup freshly ground black pepper
- 1/2 cup dried thyme

- 1 yellow bell pepper, cut into 1/2-in. (1 1/2-inch) strips
- 1 orange bell pepper, cut into 1/2-in. (1 1/2-inch) strips
- 1 large plantain, sliced in 1/4-in. slices

1 Boil the potatoes until just done (approx. exactly 15 to 18 minutes). Drain and cool. When cool enough to handle, quarter each potato lengthwise and place in a large bowl at once.

2 In a large skillet, over medium heat, add 2 Tbsp. of the olive oil, onion, salt, ground pepper, and thyme. Cook and stir until the onion begins to soften, about 3 minutes.

3 Add the peppers, cook, and stir for 2 to 3 minutes or until the peppers begin to soften but are not cooked through. Remove from the heat and add to the potatoes in the bowl. Toss to combine.

4 In a small bowl, whisk together the remaining 2 Tbsp. of olive oil and the vinegar. Pour over the salad and stir to coat. Refrigerate until ready to serve.

5 Before serving, give the salad a good stir.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
240 CALORIES, 25G CARBOHYDRATE, 10g PROTEIN,  
10g FAT (10g SATURATED), 10G CHOLESTEROL,  
40MG SODIUM, 10g FIBER



ROASTED CHICKEN BAGUETTE SANDWICHES

## ROASTED CHICKEN BAGUETTE SANDWICHES

SERVES 4

ACTIVE TIME: 25 MINUTES

TOTAL TIME: 45 MINUTES

Roasted pepper, vegetable, and chicken are just right for a picnic. Pick up a cold restaurant chicken in the Deli case. If you don't have the time or the desire to grill the meat from the chicken, an easy substitute is a pound of smoked chicken breast from the Deli. (Just don't)

- 1 Honeydew melon, cubed, chilled
- 2 10 1/2-oz. (300-gram) bags of frozen French Onion Burgers
- 1/2 cup (125 ml) olive oil, salt, and herb mixture
- 1/2 cup (125 ml) olive oil, salt, and herb mixture
- 1/2 cup (125 ml) olive oil, salt, and herb mixture
- 1/2 cup (125 ml) olive oil, salt, and herb mixture
- 1/2 cup (125 ml) olive oil, salt, and herb mixture

1 Remove the skin and grill the meat from the chicken, as usual.

2 Using a sharp knife, slice the baguettes

down through lengthwise. (Stop cutting just before slicing the bread in half.)

3 Spread the chicken on the bottom half of the baguette. Top with sliced onion.

4 Place the chicken meat on top of the bread, evenly distributing light and dark meat. Sprinkle the salt over the chicken.

5 Place roasted red peppers on top of the chicken. If any of the peppers are too large to fit the sandwich, tear them into smaller pieces to fit.

6 Close the bread and gently press down. Using a sharp knife, slice the baguette into four sandwiches. Wrap and refrigerate until needed.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
240 CALORIES, 25G CARBOHYDRATE, 10g PROTEIN,  
10g FAT (10g SATURATED), 10G CHOLESTEROL,  
40MG SODIUM, 10g FIBER

Kimberly Maguire runs 'KIM' Delicacies, a recipe development company in Maine. She has co-authored two cookbooks.

# Buzz in the Aisles

Customers are talking about Hannaford Inspirations products

It's been a busy year since the Hannaford Inspirations brand of distinctive products debuted last June. In fact, you may have noticed that products with the Hannaford Inspirations label are filling up more and more shelf space. And it's not hard to figure out why.

For one thing, every Hannaford Inspirations product is made from the same ingredients you would choose if you were making it at home. And you don't have to go searching in specialty shops for hard-to-find ingredients.

We also are on to make amazing flavor combinations in all our fresh foods from produce to condiments to prepared meals, and everywhere in between.

And we're thrilled by the results. After all, we think the best way to express our enthusiasm about food and our passion for food is to come up with new ways for you to enjoy food.

Judging by the buzz we've been hearing from local shoppers, we're succeeding. You're telling us that Hannaford Inspirations products have been living up to their name: inspiring you to pick up something different — or to discover a new twist on an old favorite. Here are some of your comments and questions.

## COMMENTS FROM CUSTOMERS

I love your Hannaford Inspirations Hannaford Cheddar Cheese — a very good quality product. Do you carry any unusual homemade cheddars that come in a block?

**CRITCHEN SCHULTZ**  
Dundee, RI

Hi! The cheese comes in a block for slicing at the service counter and our bulk associates will gladly cut you a large chunk if requested. And if you love Hannaford Inspirations Hannaford



Cheddar, you may also like other cur varieties in the Specialty Cheese section, like Hannaford Monterey Brie and our Very T. Fancy Manchego.

It's really great to see you love Hannaford Inspirations food. They are great food items, but you need to discover more of the new items. We used to carry all the seasonings. However, members of the older generation, like my mom, are not and are very hesitant to try.

**JAMIE SEDGWICK**  
Manchester, NH

Hi! That's a good point, Jamie. We agree that when shoppers try a new Hannaford Inspirations product, they will like it. So every June we've been offering weekly tastings to some of our stores. Ask for a sample of any of our meats and cheeses in the Deli at any time, and watch for opportunities to sample more Hannaford Inspirations products at your local store.

I wanted to comment you on your new Hannaford Inspirations line, including the deli meats. I always had shopped for all my

groceries at your stores except for the deli meats, so I am enjoying your new line. Do any of them contain MSG?

**HARLAN WILCOX**  
Schofield, NY

Hi! We can enjoy Hannaford Inspirations deli meats with confidence that they contain no MSG — or fillers or preservatives.

I love a Hannaford Inspirations package. I especially like the buns and am addicted to the Smoke House Marinade and Weekend Grapes Grilling Sauce.

**MART AUSTIN**  
Scarborough, Maine

## Your Own Inspirations

Want to be part of what you think about our Hannaford Inspirations products. We're paying shoppers a few nice ways to use one of the Deli, or Deli-bites or, with a cut, just in that you totally love. Please tell us about it for our delicious inspiration@hannaford.com.



BY TINA MILLER  
Photographs By Scott Peterson

Just as / 100

**SCALLOPS, BURGERS, STEAKS, VEGETABLES:  
GRILLING GIVES EVERYTHING THE TASTE OF SUMMER**

# Get Ready, Get Set, GET GRILLING!



With beautiful long days and even nights, our most cooking is often on our outdoor grill.

## Fired Up

Grills don't necessarily take time to serve up great food — even simple dishes such as hamburgers. The fun is cooking outside while enjoying the weather and delicious flavors. To prepare a charcoal grill open the vents on the bottom and make a small pile of charcoal. Start the fire with lighter fluid, let the coals cook off below grilling level or a charcoal chimney. When coals are grayish white (about 15 minutes) and you can hold your hand 3 inches above the coals for only three to four seconds, the fire is medium-hot and ready. Preheat a gas or electric grill following the manufacturer's directions.

The most important grilling factor is heat — and how it's used. When the fire is hot, a well-seared outside is the most. This

is especially keeping the delicious juices inside. If the grill is not hot enough, the food will dry.

Once the grill is heated, some spots will be hotter than others. The center tends to be hotter than the edges. When searing fish, such as swordfish, should stay on the hot part. Vegetables and more delicate fish should stay hot, but then be gently cooked on the less hot area to finish.

To make a gas grill easier to cook, the more crowded the grill, the more chance a fire to cool down.

## Timing Is Everything

The halfway point of grilling is timing. While some of the food preparation is completed in advance so that when the grill is ready you are too.

Keep food cold so that you can easily move it around on the grill. Place vegetables in a spray bottle or several cans. Be careful not to over oil the food, as too much oil could cause a flare-up.

## Is It Ready Yet?

Have an instant-read thermometer to ensure that your meats are cooked safely. The U.S. Department of Agriculture recommends that you cook seafood to an internal temperature of 145°F, ground meats (beef, veal, lamb and pork) to 160°F and ground poultry to 165°F. Steaks and roasts should be cooked to an internal temperature of 145°F for medium rare, 160°F for medium and 170°F for well done. Poultry should be cooked to an internal temperature of 170°F for boneless and 180°F for whole birds. Never leftovers in the refrigerator well covered, within two hours of cooking.

## Beverage Basics

Grilled foods can range from differently seasoned fish to hearty steaks, so beverage pairings can be just as varied. A tall flavored iced water, like a lemon or lime, goes well with grilled meats, as does a hearty brown ale, while pilsners, blond ales and lighter crispwines are good complements for grilled seafood and vegetables.



GRILLED FLANK STEAK AND  
RED-CABBAGE WITH WATERCRESS  
AND GOAT CHEESE SALAD



TOTAL TIME TAKEN TO COMPLETE THE  
 ANALYSIS OF THE DATA WAS 10.5 HOURS

Florida stands as a long, thin cut of beef with lots of flavor. It needs a lot of tenderizing and a good marinade.

- [illegible]

1. In a small bowl, combine mustard, minced onion, vinegar, mayonnaise and salt. Mix properly. Mix well. (This mixture will be large for the baking pan.)
2. Add flank steak and quartered onions to the pan. Turn steaks thoroughly with the mayonnaise. So marinate for at least 40 minutes at room temperature. If preparing in advance, cover the pan with plastic wrap and refrigerate. Do not marinate for more than 24 hours. Remove from refrigeration at least 30 minutes before grilling, to make grilling most efficient.
3. At least 30 minutes before cooking the steaks, prepare the grill. When the grill is hot, spray or brush on a vegetable oil.
4. Remove steaks and onions from the marinade and place on the grill. Season the steaks and onions with salt. Handle the steaks carefully to keep the opposite sides if possible. Turn steaks after about 3 minutes, continuing to turn until they look slightly opaque. Cook steaks for about 4 to 5 minutes, until well marked. Then turn and grill another 4 minutes. Be careful not to overcook. Mark steaks at best second medium.

www.elsevier.com/locate/jmr

- B.** While birds are grilling, decide waterways among four plates.
- C.** Remove trash and contents from grill and lay on a cooking surface for 1 minute.
- D.** Slice meat diagonally with knife at a slight angle. Lay slices on top of the water crumb.
- E.** Top with onions and crumbled goat cheese and serve.

THESE MATERIALS ARE THE PROPERTY OF THE UNIVERSITY OF CALIFORNIA, BERKELEY. THESE MATERIALS ARE LOANED TO YOU BY THE UNIVERSITY OF CALIFORNIA, BERKELEY. THESE MATERIALS ARE NOT TO BE REPRODUCED, COPIED, OR DISTRIBUTED IN ANY MANNER WITHOUT THE WRITTEN PERMISSION OF THE UNIVERSITY OF CALIFORNIA, BERKELEY.

### ADOLESCENT HUSBANDS WITH CHILDREN LEAVE-BACK CHILDREN

**Abstract**

**Table 1**

[illegible]

Roasts summer vegetables and grilled chicken enhanced with a light, lemony basil vinaigrette, tossed with green peas and green peas for a healthy, or maybe a dinner party.

**NOTE:** Numbered answers make getting a story consistent much easier.

- 1 olive garlic
  - 1 cup fresh basil leaves, packed tightly
  - 3 Thai fresh green chiles
  - <sup>1/4</sup> cup extra-virgin olive oil
  - 1 egg yolk
  - 1 cup freshly ground white pepper
  - 1 lb. chicken tenders
  - 1 lb. asparagus, washed, trimmed, ends removed (discard)
  - 1 medium sweet red pepper (optional)
  - <sup>1/2</sup> pound linguine
  - <sup>1/6</sup> lb. angel hair pasta; thinning (optional)
  - 1 pint cherry tomatoes
- 1 Place garlic in a food processor or blender and pulse on blend until minced. Add basil leaves and pulse until chopped about 30 seconds. Add lemon juice and pulse until mixed, about 30 seconds.
- 2 With the processor running, slowly add olive oil until mixture is finely pebbled. Add salt and pepper and pulse one time.





carefully pressed with the tip of a knife to make an oil seal.

4 Lay scallops on a platter and brush both sides with reserved tomato butter. Set aside.

5 Brush scallops with 2 Tbsp. olive oil and rub salt and pepper on one side of each steak. Place scallops seasoned side up on the grill. Turn scallops after about 4 minutes when well marked. Steaks will take about 8 to 10 more minutes to cook.

6 When steaks are nearly done, place scallops on grill. Grill scallops about 2 minutes on each side. Be gentle when moving scallops—scallops are especially delicate. Remove cooked steaks and scallops to a platter.

7 Heat remaining 1 Tbsp. of olive oil in a small pan. Add the spinach and cook until a just beginning with about 2 minutes.

8 To serve, slice steaks diagonally against the grain and divide among four plates. Dress potatoes and place a few on each plate. Divide the spinach and scallops among the plates. Drizzle remaining tomato butter over scallops and potatoes.

*Approximate measurements: 16 oz. for serving, 200 calories, 260 carbohydrates, 260 proteins and 100 fat (unsaturated). Other measurements: 1 pound scallops, 10 pieces.*

## SHRIMPISH WITH GRILLED TOMATO SALSA

SERVES 4

ACTIVE TIME: 30 MINUTES

COOK TIME: 15 MINUTES

Chosen to star at restaurants for under \$100

### Notes

1. In restaurants, shrimp and scallops replaced.
2. Shrimp, pan-fried.
3. Shrimp, olive oil, salted.
4. Shrimp, balsamic vinegar.
5. Shrimp, salt, olive oil.
6. Shrimp, chopped fresh cilantro leaves.
7. Shrimp, chopped fresh hot and green.
8. Hot oil.
9. Hot, freshly ground black pepper.

### Ingredients

1. Shrimp, olive oil.

1. Top: chopped fresh cilantro leaves.
1. Olive oil, freshly chopped.
- 1/2. Hot oil.
- 1/2. Top: freshly ground black pepper.
1. Oil or balsamic vinegar.

### Preparation

1. To make the salsa, lightly brush some olive oil and scallops with 1 Tbsp. of the olive oil. Place on grill. As the heat begins to char on one side of the tomato, turn it until most of the tomato has charred then about 3 minutes. Be careful not to burn the tomatoes. Turn the steaks on each side 2 to 3 minutes on a side.

2. Place grilled steaks in a food processor and pulse until chopped. Quarter the tomatoes. Open the lid of the processor and add the tomatoes, balsamic vinegar, red wine vinegar, chopped cilantro, freshly ground pepper and remaining 1 Tbsp. olive oil. Pulse until just chopped. Salsa should be chunky. Set aside.

*Alternately serve:* the steaks and place in a medium bowl. Finely chop the tomatoes by hand and mix with the olive oil, balsamic vinegar and wine vinegar, chopped cilantro, freshly ground pepper and remaining 1 Tbsp. olive oil. Mix to combine and set aside.

4. To prepare the fish, combine olive oil, balsamic vinegar, salt and pepper in a small bowl. Pour into a hot pan. Add swordfish steaks and cook both sides.

5. Place swordfish on grill. Grill for about 3 minutes and flip. Then grill for another 3 minutes depending on thickness. When swordfish is done, a knife run easily penetrates the flesh.

6. To serve, divide the swordfish among four plates and top with salsa.

*Approximate nutritional values per serving: 200 calories, 20 carbohydrates, 20 proteins and 100 fat (unsaturated). Other measurements: 1 pound shrimp, 10 pieces.*





# cobblers, crisps, slumps, and fools

celebrate summer's bounty  
with classic fruit desserts

by ellen helman

photographs by john hiltz



Summer is the fruit lover's season — the produce crates overflow with luscious, juicy stone fruits and a variety of colorful berries. Many of these succulent summer fruits are destined for tasty traditional dishes.

Up in rural colonial times, Americans have had a love affair with stone fruit desserts. There are a few more, but craps, cobblers, slumps, slurreries, and fools also offer tempting ways to celebrate the seasons' best. The reasons for their longevity — even strange — names may be murky, but the unusual monikers combine with apples, peaches for these delectable concoctions of reverential fruit.

A *crisp*, also called a *crumble*, is a simple version of a pie. There's no crust — the fruit is placed directly in the baking dish and topped with crumbled, sweetened dough that crisps as the sugary fruit bakes. Cobblers, slumps, and slurreries are all based on a biscuit or some type dough, which can be made with milk, buttermilk, or cream, along with butter or margarine that oozes into the fruit.

The "stone" in *slurreries* refers to this shortening, a generic term for the fat used to make the biscuit-like dough. The way the dough interacts with the fruit differentiates these desserts.

In a *cobbler*, spoonfuls of dough are plopped on top of the fruit as the finished product looks a lot like cobblesstones. A pancake is made, except midway through baking, the dough is patted down into the pan to break up the fruit.

A *slump* or *crisp* is made on the stove top. The fruit is cooked and simmered. Then dollops of dough are dropped into the bubbling fruit like dumplings, making great big masses as they cook. Because they're partially steamed and boiled, slumps have a somewhat denser texture than *slurreries*, where the stone dough is baked in an oven, then split open and topped with fruit.

Light and airy fools have been enjoyed in Northern and English areas for more than 500 years. Made by piling equal parts of partial-cooked fruit and whipped cream, this decidedly uncolossal dessert is truly heavenly — like fluffy, fruity air cream.



## ALMOND APRICOT CRISP

MAKES 6 TO 8

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 45 TO 75 MINUTES

The parchment-covered almond crust is a natural complement to apricots, and the sweet tang of the fruit is balanced with a delectable, cinnamon-spiced almond streusel as a crumbly topping (there's often a mix of sugar, flour, and butter).

### Ingredients

- 1 cup fresh apricots, split in half and washed (for 1½ inch slices, about 2½ lb; or 12 large or 4 (3- to 4-in) or 10 (1-inch) apricots, drained)
- ½ tsp almond oil (oil)
- 5 Tbsp dark brown sugar (2 Tbsp if using coarse apricots)
- 2 Tbsp all-purpose flour

### Topping

- ½ cup all-purpose flour
- ½ cup cold butter, cubed
- ½ cup almond almonds
- ½ cup packed dark brown sugar
- ½ tsp cinnamon
- 4 Tbsp cold salted butter, cut into ½-inch cubes

- 1 Preheat the oven to 350°F. Lightly butter a 9-inch deep-dish pie pan.
- 2 Prepare the fruit. In a mixing bowl, coat (use the spaces almond crust, brown sugar) and flour. Mix well. Transfer the mixture into the prepared pan.
- 3 In a separate bowl, make the topping. Combine the flour, cold brown sugar, and cinnamon, stirring until evenly mixed. Using your fingertips, rub the butter into the mixture until the mixture is crumbly.
- 4 Spoon the crumbly topping over the fruit, making sure all the fruit is covered by the crumbs.
- 5 Bake at 350°F for 35 to 45 minutes, until lightly browned and bubbly. Serve hot warm or at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (for 6): 400 CALORIES, 100 CARBOHYDRATES, 10 PROTEIN, 10% FAT (SATURATED), 10% DIETARY FIBER, 10% SODIUM, 10% SUGAR

## MIXED BERRY-CHERRY SHORTCAKE

MAKES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 40 TO 45 MINUTES

Shortcakes are usually topped with fresh fruit or berry-curd filling. These shortcakes were inspired by clumps, in which the fruit cooks and creates a tender, moist top to produce a flaky, fruit-studded crust. For the crust, we prefer the light crispness of baking the dough into shortcakes.



### Ingredients

- ¾ cup fresh or frozen mixed berry (strawberry, large berries about 10 oz)
- 1 cup fresh blueberries
- ½ cup packed fresh or frozen cherries
- ½ cup sugar
- ½ tsp water
- 1 Tbsp cornstarch mixed with 1 Tbsp water

### Shortcake

- ¾ cup all-purpose flour
  - ½ cup sugar
  - 1 Tbsp baking powder
  - ½ tsp salt
  - 1 Tbsp finely grated lemon zest
  - 4 Tbsp cold unsalted butter, cut into ½-inch cubes
  - ¾ cup heavy cream
- Mix in as above (optional)

- 1 Prepare the fruit. Mix ½ cup of the strawberries. Put the washed strawberries whole strawberries, blueberries, and cherries in a 2-quart mixing bowl.
- 2 Add the sugar and water, and mix, until the fruit is moist but not the mixture begins to bubble. Lower heat slightly and simmer gently for 5 minutes. Add the cornstarch and mix until the mixture is thick. Remove from heat. (Berry mixture may be prepared as much as 24 hours in advance and refrigerated until needed. Remove to room temperature before using.)
- 3 Preheat the oven to 350°F. Grease a 9-inch pie pan or line it with parchment paper.
- 4 Prepare the shortcakes. Put the flour, sugar, baking powder, salt, and lemon zest in the bowl of a food processor, and pulse five times to mix the ingredients. Add the butter, and pulse until mixture is the texture of coarse crumbs. Add the cream, and pulse only until the dough forms small clumps. (To make shortcakes without a food processor, mix the flour, sugar, baking powder, and salt into a large bowl. Mix in the butter and cream in the butter, rubbing with your fingertips until the mixture is like coarse meal. Mix in the cream until the dough starts to come together in small clumps.)
- 5 Transfer the dough to a lightly floured surface and knead gently until the dough comes together and forms a ball. (Don't overwork the dough or it will be tough.) Put the dough into a ½-inch thick rectangle.
- 6 Cut the rectangle in half. Then cut each half into fourths. Place the six rectangles of dough on the baking sheet. Bake for 12 to 15 minutes until lightly golden. Transfer the shortcakes to a rack to cool slightly.
- 7 To serve, split each warm shortcake in half horizontally. Place the bottom half of each on a plate. Spoon the berry mixture over the shortcakes. Add a small scoop of vanilla ice cream if desired. Then cap with the top half of the biscuit.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (for 12): 400 CALORIES, 100 CARBOHYDRATES, 10 PROTEIN, 10% FAT (SATURATED), 10% DIETARY FIBER, 10% SODIUM, 10% SUGAR



## PEACH MANGO COBBLER

**SERVES 4 TO 6**

**ACTIVE TIME: 30 MINUTES**

**TOTAL TIME: 60 TO 70 MINUTES**

This dessert showcases chunks of downy, frozen mango peaches with the typical mix of mangoes. Done it with crystallized ginger.

### Ingredients

- 1 cups peeled, pitted fresh peaches, cut into 1-inch chunks (about 1½ lb, 680 grams)
- 1 cups peeled, pitted fresh mangoes, cut into 1-inch chunks (about 1½ lb, 680 grams)
- 3 Tbsp. mixed crystallized ginger
- ¾ cup sugar
- ¼ cup all-purpose flour

### Directions

1. Preheat the oven to 400°F. Butter a 9-inch, deep-dish pie pan.
2. In a mixing bowl, combine the peaches, mangoes, crystallized ginger, and sugar, and mix well. Add the flour and mix until evenly mixed. Transfer the mixture from the prepared pan.

3. Prepare the topping. Put the flour, sugar, baking powder, baking soda, salt, and cinnamon in the bowl of a food processor. Pulse five times to mix. Add the butter, and pulse until the mixture of crumbly mix. Chop the topping with a food processor with the dry ingredients into a large bowl. Cut in the butter, rubbing with your fingers until the mixture is like coarse meal.

4. Transfer mixture to a bowl. Add the butter and mix gently until evenly mixed. Dough should be soft but not sticky. Do not overmix.

5. Drop dough by spoonfuls on the fruit leaving a 1/2 inch space between mounds for expansion. The fruit should peek through.

6. Bake at 400°F for 25 to 30 minutes until the topping is golden and the fruit is bubbling. Serve warm.

**APPROXIMATE NUTRITIONAL VALUES PER SERVING (PER 1/4 OF 100 CALORIES):** 160 CALORIES, 10g CARBOHYDRATE, 10g SUGAR, 10g FAT (SATURATED), 10g CHOLESTEROL, 10g FIBER, 10g PROTEIN, 10g FIBER.

## RASPBERRY RHUBARB POOL

**SERVES 4**

**ACTIVE TIME: 30 MINUTES**

**TOTAL TIME: 30 MINUTES**

Unlike the other fruit desserts in this issue, the food doesn't have a flour-based topping.

But it does have another classic topping.

- 1 cups fresh rhubarb, cut into 1-inch chunks (about 1 lb)
- ¾ cup sugar
- 1 Tbsp. water
- 1 pint fresh raspberries (about 6 oz.)
- 1 Tbsp. instant tapioca (Tapioca Tapioca)
- 1 cup heavy cream
- ¾ cup sugar
- 1 tsp. vanilla extract

**Make vanilla for garnish:**

1. Heat water or butter (cooking for garnish).

2. Put the rhubarb in a 3- or 4-quart saucepan. Sprinkle with the sugar and add the water. Heat over medium heat until sugar melts, stirring occasionally. Lower the heat

and simmer gently until rhubarb is fork-tender, about 15 minutes. Let cool.

3. Pick out at least eight of the best-looking raspberries and set aside. Place the cooked rhubarb, remaining raspberries, and raspberry fruit spread in the bowl of a food processor or blender, and puree. Transfer to a large bowl and chill completely. (The fruit may be prepared as much as 24 hours in advance and refrigerated.)

4. When the puree has chilled, prepare the whipped cream. In a large bowl, combine the cream, sugar, and vanilla extract. Using an electric mixer, whip until stiff peaks form. Be careful not to overbeat.

5. Gently fold the whipped cream into the chilled fruit puree, either completely or leaving streaks and marbling for a nice visual effect. Spoon into eight individual dishes. Cover with plastic wrap, and chill for at least an hour before serving.

6. To serve, place a reserved raspberry or two on each dish, with a sprig of mint. Tuck a butter cookie in the side of the dish.

**APPROXIMATE NUTRITIONAL VALUES PER SERVING (PER 1/4 OF 100 CALORIES):** 160 CALORIES, 10g CARBOHYDRATE, 10g SUGAR, 10g FAT (SATURATED), 10g CHOLESTEROL, 10g FIBER, 10g PROTEIN, 10g FIBER.

*Ellen Hebert is an author and author of The Uncommon Good: A Guide to Good Living.*



# Going Gluten Free, Doing Dairy Free

Please the whole family with these tempting recipes

BY JANICE NEWELL BEMCK AND LIZ WOOD PHOTOGRAPHY BY JEFFREY MAYER

**M**any people who are interested in dairy and following these diets can be challenging. For example, an estimated one in 135 people in the United States suffers from celiac disease (also known as celiac sprue). Celiac disease is a genetic condition in which gluten — the protein found in wheat, barley, rye, and other wheat grains

such as speltz and Kamut — interferes with the absorption of life-sustaining nutrients. People with celiac disease must follow a strict lifelong gluten-free diet. And the diet can be daunting. Besides the obvious off-limit foods like pasta, pizza, and bread, cream, soups, salad dressings, cold cuts, and even soy sauce can contain gluten, so they too must be avoided.

That's why you'll now find a growing number of tasty gluten-free food products on the shelves in your local supermarket. You'll also see more dairy-free items. These dairy-free menus have increased in popularity as millions of Americans are experiencing allergies and milk issues. To milk cheese and other dairy foods. If you're one of them, look for the many dairy-free offerings in supermarket aisles, including soy milk, yogurt, dairy smoothies, and spreads.

The five delicious and nutritious recipes that follow — all gluten free and dairy free — were created with the whole family in mind.

## CHICKEN AND BROCCOLI TACOS WITH CORNY ISLANDS AND RICE

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 60 MINUTES

Chicken coated with bread crumbs (gluten free, of course), ground broccoli, and seasonings like onion and chili powder makes a fun added filling for tacos. Top with milk, dairy-free cheese, and avocado — or anything else your family loves — and serve with our Corny Islands and Rice. Keep in mind the softness comes of crushed corn tortillas.

**NOTE:** Placekinds add a nutritional boost to the cooking. But ground placekinds or whole placekinds, which you can easily find in a coffee grinder. These ground placekinds can be sprinkled on soups or used in cooking cream. They're also great in waffle batter.

To make bread crumbs, take two slices of gluten-free bread and tear lightly. Break into pieces and grind in a food processor or blender by hand.



CHICKEN AND BROCCOLI TACOS WITH CORNY ISLANDS AND RICE





ILLUSTRATION © JEFFREY M. SMITH

#### Ingredients

- 1 lb. skinless (bone-in) chicken breast, halved
- 1 cup olive-free fat oil (avocado)
- 2 tbsp. ground tomatoes
- 1 cup ground tomatoes
- 1/2 cup chili powder
- 1/2 cup salt
- 1/2 cup garlic powder
- 1/2 cup onion powder
- 1 large egg, beaten
- 1/2 cup tomato (from a full or less)
- 1 cup Homestead Soup (see Country Tomato Salad)
- 1/2 cup dairy-free cheddar cheese alternative (shredded) (optional)
- 1 avocado (cut into 12 1/2 inch slices)

1. Preheat the oven to 150°F.
2. Cut each chicken breast, widthwise, into three 3/4-inch-thick slices.
3. Combine the bread crumbs, flour, onion powder, chili powder, salt, garlic powder,

- and onion powder in a bowl. Place the egg in a separate bowl.
4. To bread the chicken: Dip each strip in the egg, then coat well with the bread crumbs mixture. Arrange on a baking sheet and cook until dark brown (to done) and the breading is golden brown, about 15 minutes.
5. While chicken is baking, prepare the Curry Beans and Rice.
6. About 5 minutes before the chicken is done, place the rice shells in the oven and bake according to package directions.
7. To assemble the soup: Place one or two pieces of chicken into each of 12 soup shells. Top evenly with salsa cheese and one slice of avocado. Serve with Curry Beans and Rice.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (SEE CALORIES AND CONCENTRATIONS): 250g PROTEIN, 100g FAT, 100g CARBOHYDRATE, 100g FIBER, 100g SUGAR, 100g SALT, 100g CALORIES.

#### Curry Beans and Rice

- 1/2 cup water
- 1/2 cup salt
- 1 cup long-grain rice
- 1 (10-oz.) can black beans
- 1 cup frozen corn kernels, thawed
- 1/2 cup Homestead Soup (see Country Tomato Salad)
- 1 cup ground corn
- 1/2 cup chili powder
- 1/2 cup garlic powder
- 1/2 cup salt or iodine
- Chopped fresh cilantro (optional)

1. In a 2-quart saucepan, combine water and salt. Bring to a boil over medium-high heat. Just as the water begins to boil, sprinkle in rice from a measuring cup as evenly around the saucepan as you can. Do not stir.

2. When water begins to simmer again, cover tightly and reduce heat to very low. Cook, without disturbing the rice or lifting the lid, for 15 minutes.

3. Remove rice from the heat and let sit covered for 2 to 3 minutes. Open the lid and fluff the rice with a fork. (There will be 3 cups of cooked rice. Rice may be prepared one or two days in advance and refrigerated until ready to use.)

4. Add the beans (do not drain), corn, onion, onion, chili powder and garlic powder to the rice. Cook over medium heat just until heated through, stirring frequently.

5. Season with salt to taste. Top with chopped fresh cilantro if desired, and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (SEE CALORIES AND CONCENTRATIONS): 100g PROTEIN, 100g FAT, 100g CARBOHYDRATE, 100g FIBER, 100g SUGAR, 100g CALORIES.

#### Garden Minestrone Soup

- SERVES 4
- ACTIVE TIME: 30 MINUTES
- TOTAL TIME: 30 MINUTES

In Italian, the word *minestrone* means "big soup." And that's exactly what you get with this meat-on-a-bowl chock-full of vegetables, carrots, beans, and grains for those pass-

## FOR YOUR HEALTH

The summer vegetables add a crisp bite and, like the soup, also taste good just warm rather than steaming hot. For variety use other greens like zucchini, such as shells or daisies.

**Note:** The amount of salt needed for the soup can depend on the sodium content in the broth used, and in the tomato sauce. Start with a small amount of salt and taste before adding more.

6. **1 cup dried gluten-free whole pasta** (about 1½ cups)
7. **1 cup olive oil** (divided; oil divided)
8. **2 large carrots, finely sliced** (about 2 cups)
9. **1 small onion, finely sliced** (about 1 cup)
10. **1 clove garlic, minced**
11. **1½ cups chicken broth or 1½ cup dried tomatoes and 1½ cup dried basil**
12. **2 medium zucchinis (1½ lb), cut into ½-inch dice** (about 4 cups)
13. **1 (16-oz) can gluten-free chicken broth**
14. **1 (16-oz) can tomato puree** (or organic tomato and basil sauce)
15. **1 (16-oz) can cannellini beans, drained and rinsed**
16. **1½ tsp salt** (or to taste)
17. **1½ tsp freshly ground black pepper** (or to taste)

1. Cook the pasta according to package directions. While the pasta is cooking, heat 1 Tbsp. of the oil in a large pot over medium-high heat. Add the carrots, onion, garlic, and Italian seasoning, and cook, stirring occasionally, until the carrots turn to golden, about 5 minutes.

2. Add the remaining oil and the zucchinis, and continue to cook until the zucchinis soften, and onion has tender, 8 to 10 minutes.

3. When the pasta is done, drain and add to the vegetable soup, along with the broth, tomato sauce, and beans. Season with salt and pepper to taste.

4. Bring the soup to a boil, remove from heat, and serve in individual bowls.

**APPROXIMATE NUTRITIONAL VALUES PER SERVING:**  
PER CUP (about 2½ cups/600 calories): 100 calories, 20 carbohydrates, 10g protein, 10g fat (3g saturated), 10g cholesterol, 100mg sodium, 100mg

## STRAWBERRIES AND CREAM PUDDING

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 1 HOUR 20 MINUTES

The full-bodied flavor of vanilla enhances the fresh sweetness of strawberries in this rich dairy-free dessert. Top milk and soy yogurt thickeners with cornstarch, add creaminess in a matter of minutes to make a delicious summer pudding.

1. **2 cups vanilla soy milk**
2. **1 (16-oz) 1/2 bag frozen or fresh strawberries**
3. **1 tsp sugar**
4. **2 (2-oz) cans soy yogurt**
5. **1 (16-oz) container strawberry soy yogurt**
6. **1 (16-oz) can, sliced**

1. In a blender, blend together the soy milk and strawberries until very smooth, 1 to 2 min.

2. Whisk together the sugar and cornstarch in a medium saucepan. Gradually whisk in the soy milk mixture until well blended.

3. Place over medium-high heat and bring to a simmer, stirring constantly. Reduce the heat and continue to simmer, stirring gently until the mixture thickens, about 2 minutes.

4. Remove from the heat and stir in the yogurt.
5. Spoon the mixture into six serving bowls or ramekins. Cover with plastic wrap or waxed paper to prevent a film from forming, and chill for at least an hour.
6. Top each serving with the sliced strawberries.

**Note:** This pudding is firm and can be assembled from the individual bowls. For an elegant presentation, unmold onto a plate, and serve topped with strawberries.

**APPROXIMATE NUTRITIONAL VALUES PER SERVING:**  
PER CUP (about 1½ cups/300 calories): 100 calories, 10g carbohydrates, 10g protein, 10g fat, 10g total cholesterol, 100mg sodium, 100mg

JOANNE MOWELL, PH.D., and LIZ WILSON are registered dietitians and founders of the Web site [MealMakerwithMeals.com](http://MealMakerwithMeals.com).



# Simple and Streamlined

Unfussy recipes and time-saving tips make for a quick, delicious summer feast

BY CAROLYN ROSE ROSE PHOTOGRAPHS BY SHANTON TAYLOR



crème to make your preparation a breeze and keep you and your kitchen cool.

Begin by placing lamb chops directly on heat. That's because a quick rare-to-chill cook the steaks. Organize your pre-ingredients, except for the whipped cream. While the meat cooks, chop the herbs for the salad and heat a large shallow bowl with spinach leaves (keep checking the water on the stove they don't burn).

So while the meat is cooking, get the grill or broiler ready. Cut up the peppers for the steaks and an onion. Prepare the potatoes and put it in the refrigerator. Now cook the steaks and peppers with oil and thread onto skewers.

Three dishes require no sophisticated culinary techniques, and you can easily adapt them to your personal taste. Try goat cheese on the salad, thread steaks skewers on the skewers, or make a chorizo sausage rather than pork. Experiment with your own combinations and you'll soon be cooking up with a new menu of family favorites.

## WATERMELON FETA SALAD WITH BABY SPINACH

SERVES 4

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 15 MINUTES

The perfect summer meal offers a fresh, seasonal taste, no traditional rules. Try starting with the juicy sweetness of watermelon as a tangy salad inspired by a traditional Mediterranean combination of melon and feta cheese. Then grill up light and easy shrimp skewers. And top it off with a rich, no-bake butterscotch banana protein pie. All this can be ready for the table in less than an hour.

You can save saving time while you're shopping. Look for crumbled feta in the Specialty-Cheese section. Buy washed prepackaged baby spinach. Pick pre-cut watermelon. You'll save shopping time, and because the watermelon pieces will collect in the bottom of the container, you can stop draining the melon. Choose pre-cut devilled shrimp. Finally, pick up a ready-made protein powder cream. Instant, post-dinner, and an instant can of whipped

The combination of watermelon, feta, and mint is a classic in Greek cuisine. This salad is a refreshing balance of sweet, creamy, and salty flavors. With the tang of this Pre-mashed Watermelon, Impassioned Baby Spinach, and juicy watermelon, make this refreshing dish a snap to prepare.

**Notes:** If you have extra fruit after making the salad, use it to add flavor to a variety of dishes. Stir the berries and use them with pie or



surface area, is exposed to flame). If grilling, lightly oil grill rack and add skewers. Turn skewers over once, roast shrimp on pan opaque on center. 2 minutes per side. If broiling, arrange skewers in single layer on prepared broiler pan and broil 2 to 3 inches from heat until shrimp are just cooked through about 2 minutes per side.

4 To serve, place each skewer on a plate with the Watermelon Feta Salad. Lightly sprinkle salt on the shrimp and serve with a wedge of lemon.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
 160 CALORIES, 50 CARBOHYDRATE, 200 PROTEIN,  
 50 MG FAT (10% SATURATED), 10 MG CHOLESTEROL,  
 10 MG SODIUM, 40 FIBER

## BUTTERSCOTCH BANANA PEELING PIE

SERVES 8 TO 10  
 ACTIVE TIME 30 MINUTES  
 TOTAL TIME 50 MINUTES

Roasting peels is an easy step that gives this easy-to-make dessert an air of sophistication. Cook. Make the pie first so that it has time to set while you prepare the rest of the meal. If you're in a hurry, use the mixer with the hot, wet and brown sugar without roasting. The pie can sit while you enjoy the main meal.

- 1½ cups (¾ pint) pecan halves
- 3 Tbsp. melted salted butter
- ¼ cup brown sugar
- 1½ tsp. vanilla extract, divided
- 1 9-inch(23-cm) prebaked graham cracker crust
- 1 firm ripe banana, sliced two-thirds thick; slices and tossed with 1 Tbsp. browned butter
- 1 (11-oz.) (1 package) instant butterscotch pudding

- 1½ cups light cream
- 1 cup whipping cream for garnish

1 Heat pecan halves in a skillet over medium-high heat, roasting frequently for 3 to 4 minutes; just until the smell of toast wafts from the air. Watch carefully so the skins don't burn, reducing the heat halfway through to avoid scorching them. Set aside in cup of pecan halves.

2 Finely chop remaining 1 cup pecans in

a medium bowl; mix chopped pecans with melted butter, brown sugar, and ¼ cup of the vanilla extract. Put in an even layer over the bottom of the pie crust.

3 Lay the banana slices over the nut layer. There should be spaces between the slices with the steam cooking through.

4 In a medium bowl, combine the instant pudding, light cream, and remaining ½ cup vanilla extract, whisk continuously for a full 2 minutes until the mixture is smooth and has the texture of thick, riched ice cream. This may be done by hand or using an electric mixer. Pour mixture on top of the layer

of bananas. Refrigerate until ready to serve at least a half hour.

5 When ready to serve, place reserved pecan halves in a circle around the edge of the pie. Garnish the center and edges with decorative dollops of whipped cream.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
 (SLOW) 160 CALORIES, 50 CARBOHYDRATE, 20  
 PROTEIN, 50 MG FAT (10% SATURATED), 10 MG CHOLESTEROL,  
 10 MG SODIUM, 40 FIBER, 4

Carolyn Pope Ferry is a *Foodies Journal* food and travel writer.





## A Toast to Summer

**Summer wine should have a few special qualities,** says Tom Henson, Harmswiler's Fine Wine Buyer. For summer it should be bristly and light, to match the food. A wine served in summer should make your mouth water and thus leave you refreshed—a quality that wine aficionados refer to as good verve. And that was for any season, it should be versatile, appealing to everyone in a party. Harmswiler specializes in offering a broad selection of excellent wines in a range of prices, so please come to find many good choices to complement your summer meals.

Henson recommends several summer standards. Dry rose from France, Italy and Spain is probably the most versatile wine in the world and the ultimate picnic wine, he says. Henson particularly recommends **Beate de Beau** from South Africa. "The picnic lunch box and picnic bag," he would go great with this wine," he says.

To pair with seafood and the other lighter fare, Henson recom-

mends several summer. A good sparkling wine such as **Charles Heidsieck**—dry? goes well with everything—even cheese. Serve great grappas, goes with fish or meat, and chardonnay with heavier fish such as swordfish. A good Riesling, such as New Zealand's **Wine Makers** or French **Vignoles**, is best with shellfish.

A light, crisp sauvignon blanc, such as **The Vines** (New Zealand) or its clone with summer salads. It also complements the famous Maconis Chilled Seafood (page 11) and the Seafood with Chilled Tomato Sauce (page 26).

And, yes, there is a place for red wines in the summer. Henson recommends Australian **McMillan's Reserve Estate** (dry) with heavier dishes such as the Chilled Pink Steak and Red Onion (page 21). In addition, chardonnay goes well with seafood and Italian Pinot Noir or all bold and fleshy wines that pair well with grilled or barbecued foods and pasta.

—Kathy Ferguson

# Find your inspiration on the GRILL!

Get grilling! Make every meal great — from sizzling fajitas to flavorful steaks. Hannaford Inspirations™ Angus is perfect for every occasion. As the top 20% of all Angus beef, Hannaford Inspirations Angus guarantees premium quality every time. Whether in the backyard, a neighborhood party or poolside — have a summer fling with Hannaford Inspirations Angus!



Inspirations™

# heaven on a spoon

Introducing  
Hannaford Inspirations  
Gelatos & Sorbettos. Rich, creamy  
Italian desserts packed with intense  
flavors & fresh fruit.



**Hannaford**  
Inspirations™  
RASPBERRY  
WHITE  
CHOCOLATE  
GELATO

Real, ripe raspberries paired with  
valiant white chocolate  
Gelato, lots and creamy

16 FL. OZ. (473g)



for the love of food

[www.hannaford.com](http://www.hannaford.com)



04041218771000